



Liver Cancer Awareness Toolkit for Micronesian Communities

- Back to Basics
- Management
- Prevention
- Symptoms
- Testing
- Transmission

*All graphics per section can go into one post or can be posted individually

BACK TO BASICS

	<p>What Is #HepatitisB? Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus that attacks and injures the liver, and if left unmanaged, can lead to more serious liver disease, including liver cancer. Importantly, #HepB can be treated, prevented, and managed.</p> <p>Learn more on our website: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p> <p>Take a look at some more #hepB facts and figures here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/</p> <p>#LiverCancer #LearntheLink #hepB #HBV</p>
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<p>YOUR LIVER IS VERY IMPORTANT TO YOUR HEALTH</p>  <p>eVeRYTHING THAT YOU eAT, DRINK, BReAThe, OR ABSORBS THROUGH YOUR SKIN GOeS THROUGH YOUR LiVeR!</p>	
<p>ANYONE CAN GET HEPATITIS B!</p> <p>MANY PeOPLe FROM AFRICA AND ASIA ARe LiViNG WiTh hePATiTiS B BeCAUSe VACCINES, TESTING, AND TREATMENT ARe HARd TO FiND iN MAnY CoUNTRieS.</p>	



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<p>LIVER CANCER IS NOT ONLY CAUSED BY HEAVY DRINKING</p> 		
 <p>LEARN ALL THE BASICS OF hep B AT</p> <p>WWW.HEPB.ORG</p>		

MANAGEMENT



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Management of Hep B and Liver Cancer



It's important not to ignore hepatitis B - if it is ignored, it can cause more serious liver disease and even liver cancer.

HEPATITIS B IS MANAGEABLE



People can live long and healthy lives with the virus.
Your community will be there to support you throughout your hepatitis B journey.

If you or someone you love has been diagnosed with hepatitis B, you are not alone. In fact, nearly 1 in 3 people worldwide will be infected with the hepatitis B virus in their lifetime. If you have questions or concerns, The Hepatitis B Foundation is here to help.

Learn more:

<https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/>

#HealthyLiver #hepB #ManagementTips



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No one is to blame for living with hepatitis B.

Management Includes:

Seeing a doctor who knows about hepatitis B. 1-2 times per year to check your liver health.

Taking treatment if needed.

Eating healthy and getting lots of exercise.

Avoiding alcohol and cigarettes.

Taking care of hepatitis B greatly lowers the risk of liver cancer.

HEP B IS TREATABLE

EVEN WITH HEP B, YOU CAN STILL

Lead a long and healthy life.

Get married.

Have kids.

Have a job.

Hold hands.

Kiss.



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<p>Hep B is not a punishment or a death sentence.</p>   <p>Some people might say that there are herbal medicines that can "cure" hepatitis B, but these are not true, and they can even end up causing more liver damage.</p> <p>There is no cure for hepatitis B at this time. There <i>are</i> good tested and proven treatments that can help manage it and keep people healthy.</p>	
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<p>HEPATITIS B IS MANAGEABLE</p> <p>Ask your doctor about hep B management and liver cancer testing today!</p>	
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PREVENTION

	<p>It takes only a few shots to protect yourself and your loved ones against #hepatitisB for a lifetime. The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth, for children up to 18 years, for all adults ages 19-59, and for adults age 60+ at high risk for hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-anddiagnosis/vaccination/</p> <p>#GetVaxed4HepB</p>
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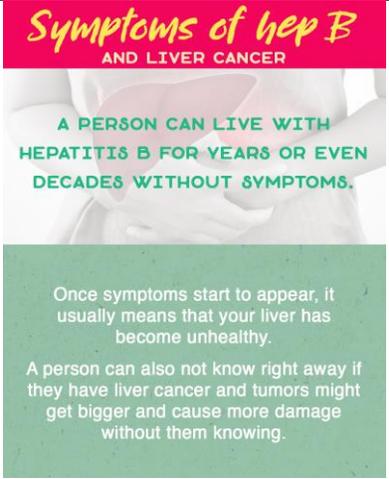
<p>DID YOU KNOW? There is a vaccine that protects against hepatitis B.</p>	
 <p>It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p>	
<p>The vaccine can also protect against liver cancer.</p>	
	



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 <p>GET VACCINATED FOR HEP B TODAY!</p> <p>PROTECT YOURSELF</p> <p>AND YOUR LOVED ONES</p>	
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SYMPTOMS

 <p>Symptoms of hep B AND LIVER CANCER</p> <p>A PERSON CAN LIVE WITH HEPATITIS B FOR YEARS OR EVEN DECADES WITHOUT SYMPTOMS.</p> <p>Once symptoms start to appear, it usually means that your liver has become unhealthy.</p> <p>A person can also not know right away if they have liver cancer and tumors might get bigger and cause more damage without them knowing.</p>	<p>Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly infected or living with the virus. However, when symptoms do occur, it usually means there has been a lot of damage to the liver.</p> <p>Learn more about common #hepB symptoms here: https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/</p> <p>#GetTested4HepB</p>
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<p>IF SYMPTOMS DO OCCUR, THEY CAN INCLUDE THINGS LIKE</p> <p>YELLOWING SKIN AND EYES (JAUNDICE)</p> <p>STOMACH PAIN</p> <p>TIREDNESS</p> <p>JOINT SORENESS</p> <p>DARK URINE AND CLAY-COLORED STOOL</p>  <p>DON'T WAIT UNTIL YOU HAVE SYMPTOMS</p> <p>GET TESTED FOR HEPATITIS B</p> <p><i>Today!</i></p> 	
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TESTING



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TESTING
FOR HEP B & LIVER CANCER

Catching hepatitis B and liver cancer early can protect your liver and even save your life.

TESTING AND VACCINES ARE REGULAR PARTS OF DOCTORS' VISITS.

TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS B, WHICH CAN CAUSE LIVER CANCER.

THE TEST FOR HEP B IS EASY AND CAN KEEP YOU AND YOUR FAMILY HEALTHY. *DON'T WAIT UNTIL YOU FEEL SICK!*

It is very important that people know their hepatitis B status in order to prevent passing the virus on to others and to protect their livers from further damage. Hepatitis B testing is available from many sources throughout the United States. Our Hep B United [[@hepbunited](#)] partners provide testing in cities throughout the U.S.

Visit <https://hepbunited.org/localcampaigns> to learn more about local coalitions near you and upcoming screenings.

#GetTested4HepB



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TESTING MAY BE SCARY, BUT
IT CAN OFFER YOU PEACE OF
MIND AND THE CHANCE TO BE
AROUND LONGER FOR YOUR
FAMILY AND COMMUNITY
MEMBERS WHO LOVE YOU.

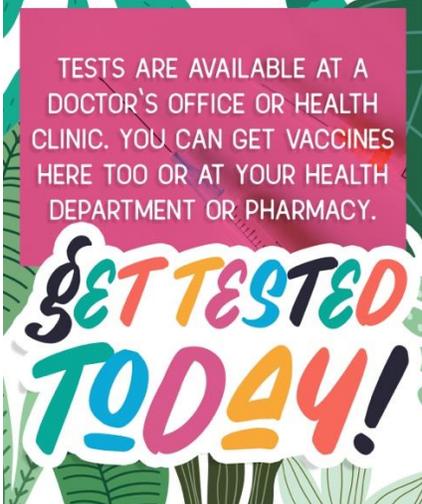
THE TEST ISN'T JUST FOR YOU! LEARNING IF
YOU HAVE HEPATITIS B CAN HELP YOU TO
STAY STRONG AND KEEP MOVING FORWARD.



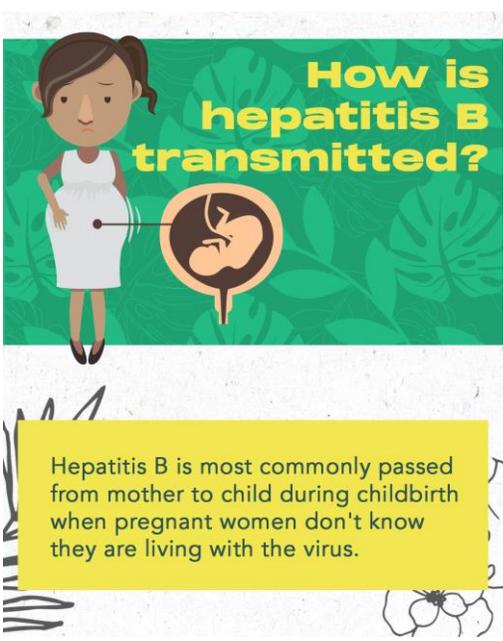
YOUR COMMUNITY IS HERE FOR YOU
AND WILL SUPPORT YOU NO MATTER
WHAT YOUR TEST RESULTS ARE.



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 <p>TESTS ARE AVAILABLE AT A DOCTOR'S OFFICE OR HEALTH CLINIC. YOU CAN GET VACCINES HERE TOO OR AT YOUR HEALTH DEPARTMENT OR PHARMACY.</p> <p>GET TESTED TODAY!</p>	
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TRANSMISSION

 <p>How is hepatitis B transmitted?</p> <p>Hepatitis B is most commonly passed from mother to child during childbirth when pregnant women don't know they are living with the virus.</p>	<p>The hepatitis B virus is transmitted through blood and bodily fluids. If you are unvaccinated or unsure of your hepatitis B status, and are exposed to the hepatitis B virus through direct contact with infected blood, a timely “postexposure prophylaxis” (PEP) can prevent an infection.</p> <p>Learn more here about PEP here: https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/</p> <p>Learn more about transmission and prevention here: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> <p>#hepatitisB</p>
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Hepatitis B is transmitted through direct contact with blood and bodily fluids that have the virus in them,
but NOT through saliva, sweat or tears.



transmission can also occur through:

Sharing needles

Unsterile healthcare practices

Sharing household hygiene items such as razors, toothbrushes, etc.

Any type of unprotected intimate contact

Tattoos, piercings, scarification, etc.



HEPATITIS B IS NOT SHARED THROUGH:

sharing meals or utensils

eating food prepared by someone who is living with hep B

sneezing or coughing

holding hands



hugging

kissing

breastfeeding

water (sharing a cup or toilet with someone who is living with hep B)

LEARN ALL THE BASICS OF HEP B AT WWW.HEPB.ORG